



How to Select the Best Bariatric Surgeon in Delhi



Selection Process

Bariatric surgery is a heavy decision for an individual with issues of obesity. Care should be taken as it impacts long-term health and total quality of life. Finding an ideal surgeon in making it safe and successful is very important. There are too many different ones, and it can be quite confusing to seek the Best Weight Loss Surgeon in India. The following is the key guideline on factors in selecting a **bariatric surgeon in Delhi**.



1. Confirm the Surgeon's Qualification and Experience

The surgeon who will be performing the weight loss surgery should be suitably qualified and experienced. He or she should have proper qualification certified including education, professional certification, and clinical experience.

What to Verify:

Medical qualification and subspecialty training in bariatrics.

Professional certification from recognized professional associations.

Years practiced and how many operations were undertaken.

Success rate and success rates among their patients.

A seasoned surgeon will be able to manage complications better and also recover more smoothly.



2. Check Board Certification and Accreditations

Picking a board-certified surgeon ensures that they follow higher standards of medicine and ethics. Some of the finest medical institutions in India accrediting bariatric surgeons are:

National Board of Examinations (NBE)

Medical Council of India (MCI)

International Federation for the Surgery of Obesity and Metabolic Disorders (IFSO)

A board-certified surgeon adheres to the most recent standards and practices the highest levels of care.

A woman with long blonde hair, seen from the back, is holding a large red scroll high above her head with her right hand. She is wearing a white top and a silver bracelet. The background is a bright blue sky and a blue ocean. The right side of the image is overlaid with a large red shape containing white text.

3. Assess the Variety of Bariatric Surgeries Provided

There are numerous types of weight loss surgeries, and the ideal surgeon should have several options available depending on individual patient requirements. Some of the most common types of bariatric surgery are:

Gastric Bypass – Restructures the digestive system to minimize food consumption and absorption.

Sleeve Gastrectomy – Shrinks the stomach, which reduces food intake.

Mini Gastric Bypass – Gastric bypass variation with reduced surgery time.

The Best **Weight Loss Surgeon in India** evaluates every patient's health prior to recommending the most appropriate



4. Evaluate Preoperative and Postoperative Support

Bariatric surgery demands robust preoperative and postoperative support for long-term success. A competent surgeon guides every step of the way, including:

Pre-surgery consultations and medical assessments.

Pre-operative dietary counseling and lifestyle modifications.

Post-surgery follow-ups, diet plans, and psychiatric therapy.

Dr. Daksh Sethi, the world-famous bariatric surgeon,



5. Ensure Use of Sophisticated Technology and Techniques

Medical advancements have improved the safety and success of bariatric surgery. The Best Weight Loss Surgeon in India is aware of the latest minimally invasive techniques, such as:

Laparoscopic Surgery – Shorter recovery time and fewer complications through tiny cuts.

Robotic-Assisted Surgery – More precision and less surgical mistake.

Endoscopic Procedures – Surgical procedure for certain conditions.

A skilled surgeon guarantees improved outcomes and

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6. Read Patient Reviews and Testimonials

Patient reviews are excellent feedback on a surgeon's competence, professionalism, and care. Look for:

Online reviews on hospital websites and Google.

Testimonials from previous patients on social media and forums.

Positive feedback regarding the surgeon's technique and outcome.

Real patient experiences make an educated choice easier.



7. Consider the Hospital Facilities and Infrastructure

The hospital in which surgery takes place is no less crucial than the surgeon. Make sure the hospital possesses:

Sophisticated technology and operating equipment.

Well-trained medical staff and emergency centers.

Highly maintained hygiene and infection control systems.

Surgeons such as Dr. Daksh Sethi work in properly equipped hospitals, ensuring safety and comfort for patients.



8. Assess the Surgeon's Communication and Ethics

A good bariatric surgeon must have good ethics and communication. This entails:

Transparent risk and benefit disclosure of surgery.

Realistic expectations of weight loss and health improvement.

Ethical practice without unwarranted procedures and monetary motives.

The **Best Weight Loss Surgeon in India** gives top priority to patient safety and health over profits.

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9. Find a Multi-disciplinary Support Team

Bariatric surgery is a multidisciplinary effort involving healthcare professionals. A committed surgeon is accompanied by a team of:

Dietitians and Nutritionists – To chart meals after surgery.

Psychologists or Counselors – To cope with emotional wellness.

Physical Therapists – To chart exercise routines safely.

Endocrinologists – For metabolic disorder patients.

A whole team of support optimizes the process as a whole.



10. Coordinate Long-Term Patient Support and Follow-Ups

Bariatric surgery is not all about weight loss; it's about long-term lifestyle modification. The ideal surgeon provides ongoing support through:

Frequent check-ups to track progress.

Advice on a balanced diet.

Exercise advice to maintain weight loss.

The Best Weight Loss Surgeon in India offers continuous care, assisting patients to remain on the road to a healthy lifestyle.



Conclusion

Choosing the appropriate bariatric surgeon is a step in the direction of effective weight reduction and a better life. Qualifications, experience, accreditation, surgical skill, patient care, and ethically driven practice of medicine are some of the most crucial parameters. All these virtues can be seen best in Dr. Daksh Sethi, where patients undergo safe and effective treatment while on their weight reduction program.

By analyzing these factors carefully, one can comfortably select the **best bariatric surgeon in Delhi**, resulting in a healthy and successful transformation.



Our Clinic Address

SIR GANGARAM HOSPITAL

Minimal Access & Obesity Surgery Clinic -
Private OPD Room No. F-42
Rajinder Nagar, Delhi - 110060
011-42251742, 011-42251617

FOR APPOINTMENT

Days: Monday to Saturday
Time: 9 AM TO 10 AM
Time: 2 PM TO 4 PM

KANTA SETHI HOSPITAL

A-777-778, Avantika, Sector-2,
Rohini, Delhi -110085
011-27525262, 097116-94283

FOR APPOINTMENT

Days: Tuesday, Thursday & Saturday
Time: 5 PM TO 6 PM

